

CULTURE AND CONTEMPLATION IN EDUCATION LABORATORY (CACEIL)



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The purpose of research in this laboratory is to explore how the introduction of secularized contemplative practices in educational settings for young people and their teachers may lead to improved well-being, more effective forms of teaching and learning, and warmer and more

compassionate social interactions in the school first, and later, in society. We term this emerging field of inquiry aimed at understanding the challenges and opportunities of introducing contemplative practices into education as “contemplative education” (see Roeser & Peck, 2009)